

Baked Pork Chops

Baked pork chops is a simple staple that can be cooked in a hurry, or dressed up for any occasion. Depending on the thickness of the chops, some may be able to cook in as little as thirty minutes. Better to be safe and healthy than sorry and parasite ridden. Bake pork chops with favorite vegetables for a healthy meal. Pork chops can be bought in large packages, split and frozen, or cook them all at once and freeze in individual, or dual, servings. Most vegetables go well with pork chops. Marination, while not necessary, infuses the meat with flavor.

Pre Cook Preparation:

Marinate: A light barbecue sauce or a vinegar sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 45 minutes to 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Fork

Pot holders

Steak knife.

Pan: 2.5 quart oven safe oblong with lid

Ingredients:**Meat:**

Pork chops

Vegetables:

15 ounces of carrots

15 ounces of peas

15 ounces of potatoes (canned, instant, or whole)

Other ingredients:

Dash of salt

Spices such as pepper to taste

Optional:

Barbecue sauce (gluten free)

Preparation time: 10 minutes

Preparation:

1. Place pork chops in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to an hour

Servings: Each chop should be 1 serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2.5 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.